

Hi! I'm Natasha T

I am a Mental Health Support Worker and I enjoy:

- *Keeping fit. Running, weights, yoga, roller skating or walking the dog*
 - *Playing or watching sports. AFL*
- *Socializing, going to the movies, playing board games, listening to music or podcasts.*

I have enjoyed studying a Graduate Certificate in Mental Health. I now enjoy helping people to live their best life.

Wishing you all the best and I hope to meet you soon.

Natasha T

